

BONUS

MEDITERRANEAN SLOW-COOKER CHICKEN NOODLE SOUP

1 pound boneless, skinless chicken breast
1 14-ounce can no-salt-added fire-roasted diced tomatoes
4 cups low-sodium chicken broth
1½ cups chopped yellow onion
1 cup chopped orange bell pepper
4 cloves garlic, minced
1 tablespoon Italian seasoning
½ teaspoon ground pepper
¼ teaspoon salt
¼ teaspoon crushed red pepper
1 bay leaf
6 ounces whole wheat rotini pasta
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh flat-leaf parsley, plus more for garnish
½ cup grated Parmesan cheese

Combine chicken, tomatoes, broth, onion, bell pepper, garlic, Italian seasoning, pepper, salt, crushed red pepper and bay leaf in a 4 quart slow cooker. Cover and cook on High until the chicken is tender and an instant-read thermometer inserted into the thickest part of the chicken registers 165°, about 3 hours. Remove and discard the bay leaf. Transfer the chicken to a plate; let sit for 10 minutes.

Meanwhile, stir pasta into the mixture in the slow cooker; cover and cook on High until the pasta is tender, about 30 minutes.

Coarsely shred the chicken and stir it back into the soup, along with basil and parsley. Ladle the soup evenly into 6 bowls; sprinkle with Parmesan and garnish with parsley, if desired.

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Serves 6
Active Time: 15m
Total Time: 3h 50m

NUTRITION FACTS

Amount per serving:
Calories: 251
Total Fat: 5g
Saturated Fat: 2g
Monounsaturated Fat: 1g
Cholesterol: 48mg
Sodium: 659mg
Carbohydrates: 29g
Dietary Fiber: 4g
Total Sugars: 4g
Added Sugars N/A
Protein: 24g
Potassium: 529mg